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Letter To The Editor

To The Editor:

Your paper is full of the spiraling cost of hospitals and nursing homes, and of the many abuses and inadequacies of the medicaid and medicare programs throughout the land, all making the fear of illness with all of its attendant problems a living nightmare for each of us.

But I note little, if any, emphasis on information about the alternatives - that is, the extended care of many in their own homes, where most would prefer to be. Moreover, this would free hospitals and nuring home beds for others now on waiting lists.

There are indeed a number of home health care services in our area which constitute one of the most under-utilized services we have. I am convinced that this is largely so because so little real information about these services gets to the general public & those caught up in the despair & bewilderment of needed home health services.

on existing services is readily available from the Public Health Department, which is itself definitely under-utilized by the average citizen, largely because of lack of information about the great spectrum of services it offers.

Firstly, these services are for all of us - not exclusively for the indigent as many believe. Home Health Services is provided through the Health Department and paid for out of our taxes and its expanded program should be used by all. Fees are based on income, following physician referral on the kind of home health care services needed. Services range from injections, physical therapy and /or personal care(baths, etc.) to more skilled nursing providing intermittent assistance in many areas of need. All physicians in our area have recently received a letter from Dr. JoAnna Harris, Assistant Public Health Director, outlining both service and fees. One may consult his physician or call the Public Health Office at 352-5600.

Private agencies may also be called upon to provide home health services, Homemaker's Upjohn offers a full range of services, including nursing, therapists, and companion services. Referrals can be made by an individual or a physician. For more information call 846-5218.

There is a demanding and urgent need to inform the public. The Home Health Care Committee of the Central Virginia Subarea Health Systems Agency is now engaged in attempting to meet the challenge. Through newspapers radio, a speaker's bureau and television, a public information program has been launched. In addition, a brochure outlining available services, cost and information about referrals is being prepared for wide distribution.

Only through strong citizen effort will home health services become a viable alternative to hospitalization and be included in insurance packages as a desirable method of caring for the recuperating patient. The full cooperation of the physician the hospital and the patient is needed to make this program work. I suggest you learn as much as possible about this service. The options are many. Lood around.

Mrs. R. John Matthew
Member, Home Health
Care Committee
Central Virginia
Subarea Health
Systems Agency

Letter To The Editor

1200 Fourth Ave.
Farmville, Va. 23901
March 1, 1977

The Editor
Appomattox Times-Virginian
Appomattox, Va. 24522

Dear Sir:

UNIONS IN THE SOUTH

Labor union leaders, especially Murray Finley, President of the Amalgamated Clothing and Textile Workers Union (ACTWO), civil rights activists, some churches, and various other pressure groups do their best to organize a large-scale boycott campaign against the J. P. Stevens Co., the second largest-textile manufacturer in the United Stats, located primarily in the non-union South. Finley and the AFL-CIO try to force the J. P. Stevens Co., by a nationwide boycott of Stevens' products, to accept the unionization of its 45,000 workers.

The unionization of this company would be only a prelude to the full-scale unionization of the South and the repeal of Section 14B of the Taft-Hartley Act, that permits states to enact right-to-work laws.

Therefore, all concerned southerns should answer the action of all those pressure groups to achieve the unionization of the industries in the South by strong countepressure. They should do their best to advertise and buy the products of the J. P. Stevens Co. in order to cause the failure of the nationwide boycott of Stevens' products and to discourage any additional attempt to unionize the industries in the South.

Sincerely yours,
Dr. Alexander V. Berkis

LETTER OF THANKS:

The Appomattox Junior Woman's Club would like to express our appreciation to everyone that came out and supported the Benefit Basketball Games held March 5th. It is the support from the faithful fans, coaches, officials, and last but certainly not least, the excellent performance of the players that made this project a success. Proceeds from Saturday night's games will help pay for the campership fee of an Appomattox County youth to Camp Easter Seal West for a four-week Speech Therapy Session during June of this summer. Proceeds amounted to approximately $240.00 and will go toward the $250.00 fee which is awarded by the Jr. Woman's Club to Camp Easter Seal.

We would also like to thank Mr. Vic Reynolds of WTTX Radio Station who announced Saturday night's games and his support.

The following merchants made donations which helped tremendously in making the games a success: Moses Motor Company - Certificates, Times - Virginian Printing Corp. - Programs, Wilbun's Market - Popcorn, King's Market - Cups and Ice, Lawson Ford - Drinks and the Dairy Queen which gave a certificate to each player on the winning teams. A special thank you goes to these merchants for their generous donations and support.

The success of these games can be afforded to the support and donations of all of the above mentioned.

Mrs. Carolyn Thompson
Chairman of
Benefit Games

The Pastor Speaks

WORRY, THE USELESS PASTIME

Worry solves nothing - this we all know. But for some reason we all are guilty of doing a great deal of it. Did you ever solve anything by worry? I doubt if anyone has. There is a great difference between worry and concern. We should all have concern about our life, our community, our neighbor, our family, our nation, but to worry will not help. Worry only agravates us - while concern will cause us to act to make whatever we are concerned about better or make us act to stop it, if it is bad. While to worry is to sit and do nothing. It has been said "worry is todays mouse eating on tomorrow's cheese." Our scripture tells us to love each other - Can we love without concern for him? If we worry it is usually about ourselves. When we are concerned we are most often concerned about others. John speaks to us in terms of loving concern - "Little children, let us not love in word, neither in tongue: but in deed and in truth. 1 John 3:18.

THE BIBLE SPEAKS

International Uniform Sunday School Lessons

BY LAWRENCE W. ALTHOUSE

JUST DESERTS

Lesson for March 13, 1977

Background Scripture: Luke 17:1-10; 18:1-14.
Devotional Reading: Luke 13:31-35.

Rev. Althouse

The old Negro spiritual tells us that, although everybody "talks" about Heaven, it doesn't mean everybody's "goin' there." So, also, lots of people "talk" about prayer, but that doesn't mean their experience of it has been very satisfactory. Perhaps there is no discipline in the Christian Church more highly touted, nor poorly taught, than prayer. Described glowingly as one of the most vital resources in the spiritual life, it is more often observed, as Harry Emerson Fosdick once remarked, as "a pious form rather than a vital transaction."

The persistent petitioner

One of the reasons for this failure is to be seen in the erroneous suppositions which many people harbor when it comes to praying. They approach it as if the key in prayer were to be found in their efforts to persuade a reluctant or inattentive God to rouse Himself to do their will. Their efforts are focused on praying in the right way, using the right techniques, saying the right words that will cause God to act on their behalf.

Jesus knew well this popular misconception concerning prayer and he told some parables to try to change these unfruitful attitudes. One of these parables (Luke 18:1-8) tells an interesting story about a persistent widow who finally gets the local judge to defend her rights by hounding him continually. The brief personality sketch of the judge is illustrative of the kind of public official that was recognizable to his listeners: he "neither feared God nor regarded man."

The point of the parable, of course, is this: if an unjust judge will be moved to do justice if he is persistently petitioned, how much more will a loving God do if we bring him our petitions! The contrast could not be more vivid: the judge respects no one, thinks only of his own needs, cares nothing about the plight of others, and wouldn't help anyone unless it served his own interests; God, on the other hand, loves men, cares about them, is concerned about their needs, is sensitive to their cries, and responds to persistance. But persistance is required not because God needs to be goaded or reminded, but because man must persist in his receptivity! Our persistance enables God to do the good for us that he already wants to do.

Not like other men

The second parable (Luke 18:9-14) also centers on two readily identifiable personalities. First, there is the self-righteous Pharisee who has all the "right" religious credentials...except for two. He lacks humility and he despises others whom he feels don't live up to his pious standards. The message in this parable is clear: don't expect effective prayer if you are proud and disdainful of others. The problem is not that God will not answer such a person, but that that person himself is blocking the channel through which God's grace would flow. Pride and hostility on the part of the prayer slam shut the doors through which the blessings would come.

(Based on outlines copyrighted by the Division of Christian Education, National Council of the Churches of Christ in the U.S.A. Released by Community Press Service.)

APPOMATTOX HOME EXTENSION CLUB

The Appomattox Homemakers Extension Club will hold its regular monthly meeting in the home of Mrs. Blanche Cox on Tuesday, March 15th at 10 a.m.

All members are urged to be present.

ELEMENTARY SCHOOL MENU

March 14 - Meat Loaf w/Gravy, Mashed Potaotes, Greenbeans, Hot Rolls, Sliced Peaches, Cookie, Milk.
March 15 - Chicken Salad on Lettuce Leaf w/Crackers, Sliced Bread, Buttered Broccoli Peach Pie
March 16 - Barbecue Beef on Buns, Candied Sweet Potatoes, Cole Slaw, Vanilla Pudding, Cookie, Milk
March 17 - Cheese Pizza, Garden Salad, Buttered Corn, Prunes, Milk
March 18 - Bologna & Cheese Sandwich, Green Beans, Cinnamon Buns,(School made) Pear Halves.
March 19 - Hot Dog on Buns, French Fries, Green Peas, Apple Cobbler, Milk.

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ROCKS

ROCKS - March 6 - Farmers been busy getting up plant beds, plowing and many other things. The rain came in time to get the Maryland tobacco down to get ready for the market.

Congratulations to Walter Ranson who won a flower from the Superior Trees Nursery on the Birthday Drawing on Tuesday, March 1st.

The Friendship Circle met with Rachel Ranson on Tuesday afternoon with good attendance.

17 from Rocks went to Elon Tuesday night for the Group 1 Mission Study Class.

The club had its March meeting with Odell Paulette on Thursday night.

Get well wishes go out to our agent, Mrs. Shirley Walton who is on the sick list.

Rev. and Mrs. A. M. Taylor arrived on Monday night from Illinois. We welcome them here.

The ladies and a few of the men met at the parsonage on Monday morning to get the parsonage in top shape.

Rev. and Mrs. A. M. Taylor spent Monday night in Lynchburg with their son Jeff and his wife, Debbie.

L. L. Stewart is on the sick list. He is at the home of his daughter, Evelyn Almond of Appomattox. A speedy recovery is wished him.

A number of the deacons and wives of Rocks Church had dinner at Maude's Resturant Saturday night. Rev. and Mrs. A. M. Taylor joined them there.

30 G. A.'s and Boys 1 - 6 attended the mission study class at Elon Sunday afternoon.

Amy Morris and Robin Miller attended the Brownie Scout meeting at Pamplin Sunday morning.

A number from Rocks went to Piney Ridge Church Sunday afternoon to hear "The Redeemers" of Jacksonville, N. C. present a Gospel sing.

Mrs. Nannie Seay is in Virginia Baptist Hospital for surgery. A speedy recovery is wished her.

Congratulations to Christine Dickerson who was a winner from Superior Trees Nursery on the Birthday drawing Saturday morning.

State W. M. U. meeting in Richmond at First Baptist Church on March 15 - 17. Hope a number will attend.

Rev. and Mrs. A. M. Taylor had as their dinner guests on Sunday, Mr. and Mrs. Fred Lynn of Farmville and Mr. and Mrs. Jeff Taylor of Lynchburg.

Walter Payne returned home Sunday from the hospital.

Mr. and Mrs. Buddy Ray Thompson & children of Farmville attended services at Rocks Sunday and were dinner guests of her parents, Mr. and Mrs. Otis Ranson.

We had a wonderful service at Rocks Sunday. Hope each one received a spiritual blessing and you left saying they were glad they had been at the service. Had 4 more to join our church and the church family.

PAMPLIN ELEMENTARY CAFETERIA MENU

Mon., Mar. 14 - Beef pattie, french fries, string beans, buns, fruit, milk.

Tues., Mar. 15 - Vegetable soup, grilled cheese sandwich, pineapple salad w/lettuce, peanut butter cookie, milk.

Wed., Marh 16 - 5th grade menu - Fried chicken, mashed potatoes, green peas, ice cream, sliced bread, milk.

Thurs., Mar. 17 - Surf cake, buttered green cabbage, candied sweet potatoes, rolls, butter, milk.

Fri., Mar. 18 - Corn dogs, pinto beans, cole slaw, peaches, cookie, milk.

Sat., Mar. 19 - Manager's Special

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Reading This Could Save Your Life

Research has uncovered two rather startling facts about high blood pressure. One - - it's more dangerous than was thought only a few years ago. It is the MAIN contributor to heart attack and stroke. Two - - it can be controlled in almost all cases.

High blood pressure is such a quiet killer. It has no symptoms. It's cause is not known in 90% of the cases. Yet it will probably contribute to many of the 850,000 deaths this year from heart attack and stroke. High blood pressure is a massive problem. But it is a problem easy to avoid or correct, if you will only do some simple things.

Go to a doctor or clinic. Have a simple, quick blood pressure test. You will know the answer right away. If it's high, you take drugs to bring the pressure to its proper level. You may take drugs the rest of your life, but odds are good it will be longer life. Sometimes, no drugs are necessary, only diet control.

That's all you have to do to avoid high blood pressure, the most damaging, and greatest risk factor in heart diseases according to the American Heart Association. Yet there are over 24 million Americans with high blood pressure. More than 7 million of them don't know they have it. Of those who know they have it, many fail to take their medicine on schedule or to observe their diets.

The biggest threat of high blood pressure is its ability to go undiscovered, or once discovered, its ability to be ignored. Too often, proof of high blood pressure comes with tragic suddeness, after years of silent undermining work.

Research will give us desperately needed answers. We still don't know why black Americans are twice as likely as whites to have high blood pressure. We also know that blacks suffer more strokes at an earlier age, with more severe results.

Substantial research is conducted by the American Heart Association. In the fight for lives through control of high blood pressure, the AHS also distributes valuable information, and conducts screening programs in Appomattox.

Soon, volunteers of the Appomattox Heart Association will be coming by with that information, and asking for dollars to continue the movement dedicated to the reduction of premature death and disability caused by heart and blood vessel diseases.

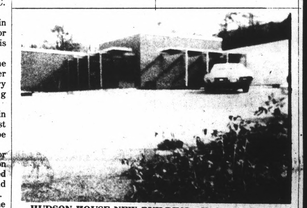
JORDAN

The Senior Choir will practice Friday night at 7:30 P.M. All members are asked to make a special effort to be present.

On the 4th Sunday night in March beginning at 7:00 P.M. the Gospel Harmonettes will celebrate their 5th Anniversary Rev. Donald Johnson will be our guest speaker. The public is invited to attend.

All present enjoyed the program of music presented by the Holiness Singers on Sunday night.

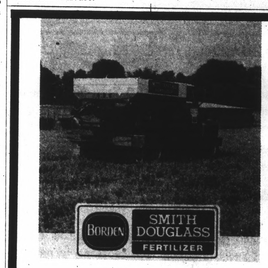
STAPLERS & STAPLES and hundreds of other items can be found in our complete selection of office supplies. **The Times-Virginian.** tf



HUDSON HOUSE NEW BUILDING - Hudson House Day Activity Center for the mentally handicapped will dedicate this new $80,000 building on Friday, March 18 at 4 p.m. The new building is located at the end of Woodrow Street, off Campbell Avenue (Rt. 501 S.) in Lynchburg. Hudson House serves clients, age 15 and up, and is a component of Central Virginia Mental Health Services.

Appomattox County clients are served by Hudson House. The Appomattox County representative on the Chapter 10 Board, who sponsors Hudson House, are Mr. Joseph M. Cobb, Jr. and Mrs. H. W. Babcock.

Mr. Bernet Revley of Appomattox is Assistant Director of the Hudson House.



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